

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH OCTOBER 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

Karen Truman, PhD, President and Jeff Truman, MS Ed, Director

OCTOBER SUPPORT GROUPS

October 3 & 17 St. Mark Village 9:30 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580

October 3 & 17 Grand Villa- Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

*October 18 Palms of Largo – REGAL 2:30 PM
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

*Regal is back to meeting at 2:30PM

NOVEMBER SUPPORT GROUPS

November 7 & 21 St. Mark Village 9:30 AM

November 7 & 21 Grand Villa- Largo 6:00 PM

November 15 REGAL - PALMS of LARGO 2:30 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

YOUR NUMBERS UP

We all know how important it is to keep blood pressure in control, but when is the last time you checked your 'other' numbers? Cholesterol levels (HDL and LDL), Vitamin D, blood sugar, and hormones all have an effect on the brain. Even one of the readings in the abnormal range can affect your brain function. So, if it has been awhile, have everything checked out, or your number may be up!



IRMA – The GOOD NEWS

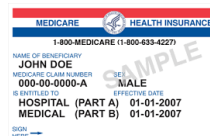
This was the “Golden Rule” at most of our long-term care facilities: **The Community is secure, supplies are in good quantity, and team members are on-site and ready to help residents in any way they need.** The September Hurricanes caused a lot of physical destruction and emotional trauma. But, what we witnessed first-hand was team-work and can-do attitudes for our most vulnerable populations. **THANK YOU!**

Sean W. Scott
Elder Law Attorney

Income, assets, and transfers are the big three eligibility tests that the state uses to determine if you qualify for benefits. If you are looking for some quick answers to your Medicaid questions check out our **Top Ten Medicaid Mistakes** and the **2017 Medicaid Fact Sheet**. While the issues of Medicaid are much more complex -- these resources are a great place to start.

For more information, please call our office for a free consult: (727)539-0181

<http://www.virtuallawoffice.com/>



The new Medicare programs will be coming out soon and you will need to make choices based on your medical history. **S.H.I.N.E.** (Serving Health Insurance Needs of Elders) is a **free** program offered by the **Florida Department of Elder Affairs** and your local **Area Agency on Aging**. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. The SHINE Program has 15 different Pinellas locations (in libraries and senior communities), and are found in all 67 counties in Florida. **S.H.I.N.E.** services are free, unbiased, and confidential. Call: 1-800-963-5337 <http://www.floridashine.org/>



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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DID YOU KNOW that up to half the cases of Alzheimer's disease don't involve plaque at all and are really brain difficulties caused by other factors? *"Treating beta amyloid in patients who already have clinical symptoms is too late,"* says Rudolph Tanzi of Harvard Medical School. Integrative doctors, such as Dale Bredesen, are developing protocols that involve controlling blood sugar and making the body less insulin resistant, dealing with chronic infections, treating sleep disorders (*a major cause of dementia*), getting proper nutrition and avoiding prescription drugs that interfere with the function of the brain's neurons. It's plain to see – you'll get more benefit from natural ways to protect your brain than by waiting for "Big Pharma" to stumble on an Alzheimer's solution.

Persons with **FRONTOTEMPORAL DEMENTIA** (FTD) often are mis-diagnosed with depression, schizophrenia or Alzheimer's disease. It is difficult to determine the prevalence of the disorder but FTD is the most common dementia diagnosed in patients under age 60 and is as common as Alzheimer's disease among patients age 45 to 64. Early symptoms typically involve personality or mood changes such as depression and withdrawal, sometimes obsessive behavior and language difficulties. Many patients lose their inhibitions and exhibit anti-social behaviors.



If you use any **over-the-counter** (OTC) medicine, including vitamins, herbal or food supplements, be sure to review the labels on these products for interactions with your prescription medications. **With COLD and FLU season approaching, Persons with Hypothyroidism**—an underactive thyroid -- It is generally not recommended that these patients take products containing **pseudo-ephedrine** or natural **ephedra**. These ingredients are often found in cold remedies (i.e.: Benadryl, Sudafed, Theraflu, Vicks Nyquil, Robitussin, and many more), as well as in diet and weight loss over-the-counter supplements.

THANK YOU to our October Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

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Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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